



Cabin Fever Day

Friday, February 28, 2014
10:00 a.m. - 2:30 p.m.

Frederick County Department of Aging
1440 Taney Avenue, Frederick, MD 21702

- Fly Fishing
- Untangled
- Wii Bowling
- Chair Yoga
- Tai Chi
- Line Dancing
- Zumba Gold
- What's Your Story
- Paint Like Monet
- Backyard Birding
- Yarn Craft
- Smart Phone & Tablet Introduction
- Picture This
- Gardening Tips
- Pay It Forward
- Cards & Games
- UpCycle

\$10 per person

(includes all activities and a box lunch)

Registration and payment due by 2/21/2014

Registrations will not be accepted without payment.

Registrations may be made at any of the Frederick County Senior Centers.

Check with your senior center about transportation.

For more information call 301-600-1605

www.FrederickCountyMD.gov/aging

(see back for descriptions of the activities)

Backyard Birding

Curious about how to attract and care for the wild birds that regularly visit your backyard? Learn how to meet the basic needs of food, water, shelter, nesting and safety.

Cards and Games

Fun! Games! Laughter! Rummikub, Phase Ten, dominos, cards, and a wide variety of other games! Your choice!

Chair Yoga

This is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

Easy Scarf

Want a new scarf in a hurry? Then this class is for you. The most difficult step will be deciding what color yarn to use.

Fly Fishing Untangled

Join a member of the Potomac Valley Fly Fishing Association as he discusses how to get started in this popular sport. Check out rods, nets, and other equipment; and learn about the PVFFA equipment lending program, as well as classes and trips for novice or advanced fishermen and women.

Gardening Tips

Gardening season is right around the corner. Learn tips and trade secrets from a master gardener.

Line Dancing

Enjoy a choreographed pattern of steps where the dancers are in rows.

Lunch

Chicken Sandwich, Potato Salad, Cole Slaw, Diced Fruit, Coffee, Juice, Milk

Paint Like Monet

Create a fabulous abstract watercolor painting worthy to hang in any gallery. Absolutely no previous experience required!

Pay It Forward

Help assemble emergency meal packets for vulnerable older adults in Frederick County. All the components for two healthy meals will be provided. Packets will be distributed at a later date to Meals on Wheels recipients and others in need of emergency food supplies.

Picture This

Local Photo blogger Cam Davis will share pointers and examples of how to make your photos frame worthy. No matter what type of camera you use, treasured memories are just one click away.

Smart Phone/Tablet Introduction

Thinking about buying a smart phone or a tablet? Learn more about these devices.

Tai Chi

Improve Balance & Strength of Body!
Achieve Clarity & Focus of Mind!
Gain Calmness & Lightness of Spirit!

Up Cycle

Repurpose and create using things found around the house. Take home finished projects and the instructions for projects to share with grandkids or craft groups.

What's Your Story?

Preserve your favorite memories to pass on to friends and family. Frederick author James Gillespie and his son Craig share how James' memories of growing up in pre-war China were preserved as a self published book. Receive a free workbook to get started.

Wii Bowling

Enjoy a spirited game of bowling. It's the sights and sounds of a real bowling alley without the heavy ball.

Zumba Gold

It's an invigorating, dance-fitness class providing modified, low-impact moves for active older adults.